

Get Paddling

Sample Timetable

Time	Details
0930	Registration
0945	Welcome / centre briefing / group allocation
0950	Kit Allocation
1000	Change for activities / Safety briefings
1020	Water session 1
1245	Return to CYE Beach
1300	Lunch
1345	Talk
1400	Water session 2
1600	Return to CYE beach
1615	Pack away kayaks / canoes and get changed
1645	Theory (e.g. rope work)
1700	Sign Out